

Bed bugs

Who do bed bugs bite?

Bed bugs look for sleeping people or animals for a blood meal.

Bed bugs tend to congregate together.

They can live several months without a blood meal.

After feeding, they hide in cracks and crevices, where they are often unnoticed.

Where do bed bugs hide?

- Mattresses, box springs, bed frames and head boards.
- Furniture such as desks, chairs and sofas.
- Anywhere there are cracks, crevices or nail holes in walls.
- Under wood moldings and baseboards.
- Under the edge of carpet, loose wallpaper and seams, and where the ceiling and wall meet.
- Under clothing and clutter stored in closets, under beds and elsewhere.
- Inside or behind light switch plates, electrical outlets, clocks, computers, phones, televisions, smoke detectors and wall decorations.

Information for lodging residences

What are bed bugs?



Photo credit: University of Minnesota Extension

Bed bugs are small apple seed sized insects that are flat, oval, reddish -brown and wingless.

The adult is about $\frac{1}{4}$ of an inch long and looks somewhat like a wood tick.

Identification

Eggs are tiny white, and glued to surfaces.

Nymphs are light colored and one-sixteenth ($\frac{1}{16}$) of an inch long.

Adults are rusty red, oval, flattened from top to bottom and have six legs.

Infestation

- Over the past decade, bed bug infestations have increased throughout the U.S. and become more widespread.
- When bed bugs invade a lodging establishment a clean and safe bed and a good night's sleep are threatened.
- Bed bugs can easily enter your building on clothing, luggage, backpacks, bags and other belongings.

Bed bug bites

- Bites are usually painless but can cause discomfort due to redness, swelling, and itching of the skin.
- Bed bugs are not known to carry disease.
- A small number of people have a serious, immediate allergic reaction to bed bug bites requiring medical care.
- Some people do not react at all.
- It may take days for people to notice the small, flat or raised bumps on their skin that result from bed bug bites.

When new tenants are moving in it:

- Inspect luggage and personal items closely with flashlight and magnifying glass for bed bugs
- Seal all items in plastic bags for washing or treatment.
- Unpack clothes directly into washer / dryer.

More info

<https://www.epa.gov/bedbugs>

<https://www.bedbugs.umn.edu/>

<https://www.health.state.mn.us/communities/environment/recreation/lodging/bedbugs.html>

For reasonable accommodations or alternative formats please contact 311 (outside Minneapolis call 612-673-3000) or email Minneapolis311@minneapolisn.gov. Ask to speak with a health inspector.

People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users can call 612-673-2157 or 612-673-2626.

Para asistencia 612-673-2700.

Yog xav tau kev pab, hu 612-673-2800.

Hadii aad Caawimaad u baahantahay 612-673-3500.

Early detection is key to preventing infestations

Just using insecticides is not enough to prevent infestation. Here are the main recommendations:

- Periodically remove head boards to inspect behind them.
- Carefully inspect cracks and crevices in walls and furniture with flashlights.
- Change and wash bedding and personal clothing regularly.
- Always bag dirty linens and keep them away from clean linens.
- Install encasements on mattress and box spring.
- Do not allow second-hand furniture into your facility unless you have thoroughly inspected and cleaned the items first.
- Reduce clutter.

If bed bugs are found:

- Confirm you have bed bugs. Capture several examples of the pest and have them identified by a qualified expert: <https://www.bedbugs.umn.edu/have-i-found-a-bed-bug>
- **Do not try to treat bed bugs yourself. Contact a pest control service for effective removal of bed bugs.**
- Have a pest control professional perform a complete inspection and treatment of the room and adjacent rooms.
- Isolate infested items (clothes, bedding, etc.) in sealed plastic bags or containers.
- Wash clothes, bedding and washable items on the highest temperature the fabric will allow and dry on high heat for 30 minutes.
- Work with your pest control operator on recommended additional control measures.